



## E-Newsletter

MARCH 2010

### PRMC MATERIAL SPOTLIGHT

#### Inhalant Abuse Prevention Toolkit



This toolkit includes information for professionals, community members, parents, and youth regarding the dangers and prevention of inhalant abuse.

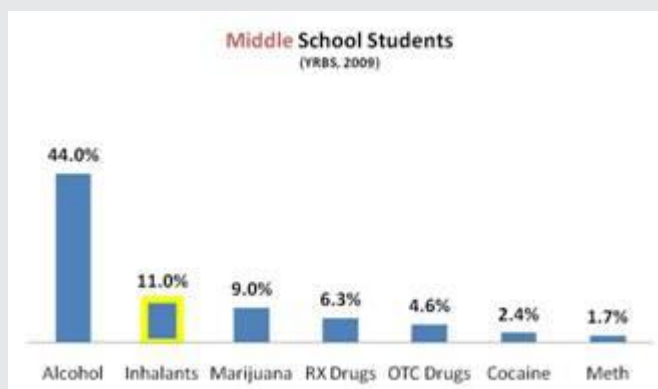
Contact PRMC for copies  
Phone: 701-382-8919  
E-mail: [ndprmc@nd.gov](mailto:ndprmc@nd.gov)

#### Huffing: The Latest Facts About Inhalant Abuse DVD

### National Inhalants & Poisons Awareness Week (NIPAW)

*March 20-26, 2011*

After alcohol, inhalants are the most commonly abused drug among ND middle school students.



### THINGS YOU CAN DO TO HELP PREVENT INHALANT ABUSE

- ▶ Educate yourself about the problem.
- ▶ Do not make available products that can be easily abused and keep abusable products stored safely.
- ▶ Be conscious of how much of an item is being used by youth.



*(Grades 5-9)*

This gripping program shares unforgettable real stories of teens fighting their abuse of inhalants, as well as two families who lost children to inhalant abuse.

**Contact PRMC to borrow**

**Phone: 701-382-8919**

**E-mail: [ndprmc@nd.gov](mailto:ndprmc@nd.gov)**



- ▶ Do not tolerate any experimentation.
- ▶ Encourage the purchase of safe alternatives.
- ▶ Ensure that youth get the message that inhalants are poisons, not drugs.

## **SIGNS AND SYMPTOMS OF INHALANT ABUSE**

### **COMMON BEHAVIORAL WARNING SIGNS**

- Behavior mood changes
- Uncharacteristic problems in school
- Hallucinations
- Anxiety, excitability, restlessness, irritability, or anger

### **COMMON PHYSICAL WARNING SIGNS**

- Drunk, dazed, or dizzy appearance
- Glassy, glazed, or watery eyes
- Red or runny eyes and nose
- Spots and/or sores around the mouth
- Slurred or disoriented speech
- Lack of physical coordination
- Unusual breath odor or chemical odor on clothing
- Nausea and/or loss of appetite

### **COMMON SITUATIONAL SIGNS**

- Traces of paint or other products where they wouldn't normally be, such as on face, lips, nose, or fingers
- Fingernails painted with permanent markers or correction fluid
- Pens or markers held close by the nose
- Constant smelling of clothing, sleeves, collars, or hair scrunches
- Numerous butane lighters, empty or partially filled, in room, backpack, or locker
- Missing household products
- Gasoline, paint-soaked rags, or used spray paint in a child's room or other unusual location
- Hidden rags, clothes, or empty containers of potentially abused products in closets, under the bed, or in the garage